



Norse



Fresh Ideas Feeding Minds

Autumn / Winter

Menu 2021/22

We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using local and seasonal ingredients where possible!

All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from East Anglian suppliers.



We use **wholewheat flour** in our bread and pastry recipes!

In addition to this menu, we offer a number of **themed menus** to celebrate holidays and seasonal events – please check details with your school.

A full allergen list for this menu can be found on our website – www.norsecatering.co.uk

Should your child have a medically-diagnosed allergy or health condition and needs an alternative menu, please complete our Allergen Aware Registration Form which can be found in the school office or on our website.

If you think you may be eligible for a **free school meal**, visit www.gov.uk/apply-free-school-meals



norsecatering.co.uk

Please note the menu may be subject to change to meet local needs.

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Pasta Salad	Mexican Beef and Baked Bean Chilli with Steamed Rice new	Roast Chicken with Stuffing	BBQ Chicken in a Tortilla Wrap with Potato Wedges new	Breaded Fish Fingers
Option 2 (v)	Vegemince Curry with Steamed Rice	Cheesy Pasta	Quorn Fillet with Stuffing	Vegemince Lasagne new	Garden Vegetable Goujons
Served with	Sweetcorn	Vegetable Medley	Roast Potatoes Carrots, Cabbage and Gravy	Rainbow Salad	Chips Garden Peas or Baked Beans
And for Pudding	Jambuster Muffin	Cocoa Shortbread	Oaty Apple Crunch with Custard	Jelly with Fruit	Fresh Fruit Selection

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken with Curry Dip and Savoury Rice	(v) Margherita Pizza with Pasta Salad	Sausages with Yorkshire Pudding	Beef Bolognese with Pasta	Breaded Fish Fingers
Option 2 (v)	BBQ Quorn in a Tortilla Wrap with Potato Wedges new	Mexican Veggie Bean Chilli with Steamed Rice	Vegetarian Sausage with Yorkshire Pudding	Potato, Broccoli and Cauliflower Cheese Bake new	Vegetarian Enchilada
Served with	Crunchy Vegetable Sticks	Sweetcorn	Mashed Potatoes Carrots, Green Beans and Gravy	Vegetable Medley	Chips Garden Peas or Baked Beans
And for Pudding	Flapjack with Apple Wedges	Fresh Fruit Selection	Pear and Ginger Sponge with Custard	Cornflake Tart	Lemon Cupcake

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Potato Wedges	Sweet and Sour Chicken with Steamed Rice	Roast Chicken with Stuffing and Gravy	Cottage Pie	Breaded Fish Fingers or Salmon Fingers
Option 2 (v)	Sweet Potato and Lentil Curry with Steamed Rice	Quorn and Tomato Pasta Bake new	Veggie Balls with Gravy	Italian Bean Bake	Cheese and Tomato Quiche
Served with	Crunchy Vegetable Sticks	Broccoli and Sweetcorn	Roast Potatoes and Vegetable Medley	Garden Peas and Carrots	Chips Garden Peas or Baked Beans
And for Pudding	Ice Cream Tub	Chewy Krispie Bar with Orange Wedges	Fresh Fruit Selection	Cocoa Pudding with Cocoa Sauce	Autumn Feast Muffin

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar

Jacket Potato Menu



Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Jambuster Muffin	Cocoa Shortbread	Oaty Apple Crunch with Custard	Jelly with Fruit	Fresh Fruit Selection

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Flapjack with Apple Wedges	Fresh Fruit Selection	Pear and Ginger Sponge with Custard	Cornflake Tart	Lemon Cupcake

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Ice Cream Tub	Chewy Krispie Bar with Orange Wedges	Fresh Fruit Selection	Cocoa Pudding with Cocoa Sauce	Autumn Feast Muffin

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar



Packed Lunch Menu

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Sandwich Carrot Batons Sultanas Orange Wedges Jambuster Muffin	Ham Sandwich Cucumber Sticks Pizza Finger Melon Wedge Cocoa Shortbread	Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Flapjack	Egg Mayo Sandwich Carrot Batons Cheese Bar Orange Wedges Jelly with Fruit	Ham Roll Carrot Batons Sultanas Fresh Fruit Portion Fruit Yoghurt

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Sandwich Carrot Batons Sultanas Apple Wedges Flapjack	Ham Sandwich Cucumber Sticks Cheese Bar Fresh Fruit Portion Yoghurt	Cheese and Tomato Pasta Pot Cucumber Sticks Pizza Finger Fresh Fruit Portion Pear and Ginger Sponge	Egg Mayo Sandwich Carrot Batons Sultanas Orange Wedges Cornflake Tart	Ham Roll Cucumber Sticks Sultanas Fresh Fruit Portion Lemon Cupcake

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Sandwich Carrot Batons Sultanas Fresh Fruit Portion Ice Cream Tub	Ham Sandwich Cucumber Sticks Pizza Finger Fresh Fruit Portion Chewy Krispie Bar	Cheese and Tomato Pasta Pot Cucumber Sticks Cheese Bar Apple Wedges Yoghurt	Egg Mayo Sandwich Carrot Batons Sultanas Orange Wedges Cocoa Sponge Cake	Ham Roll Cucumber Sticks Sultanas Fresh Fruit Portion Autumn Feast Muffin

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar